

The Wellstreet Journal

Vol. 14

Los Alamos National Laboratory
Wellness Center and Positive Health Directions

September 1999

Health Check Hits the Road

Would you like to participate in Health Check, the Health Risk Assessment offered by the Positive Health Directions Program but don't want to travel to TA-3? Now you don't have to - ESH-2 brings Health Check to you! If at least five LANL employees would like to participate, this service can be brought to your work site. Call Jessica Kiesel, 5-4368 with questions or to schedule.

What is Health Check?

This confidential service includes blood pressure and cholesterol measurements, a health questionnaire and a computer-generated Personal Wellness Report. The report highlights your healthy habits, summarizes your health risks and offers suggestions for even better health. In addition, during your appointment a health professional will review the report results with you and give recommendations on how to improve your health. Information will be provided about other health services offered by the Laboratory and the community. The best news is that this whole process takes only a little over an hour. And it's free. Now isn't your health worth an hour of your time? Make your appointment today! Call Occupational Medicine 7-7890 to schedule at the Clinic or Wellness Center.

Nominations for Healthy Living

This issue, two walking partners have nominated each other for recognition of healthy lifestyle habits.

Nomination from Jeane Strub, CIC-14

I nominate my walking partner, **Ronaele Freestone**. She has made a conscious effort to lose weight over the last 6 months and has succeeded very well. She has been an active fitness walker for at least four years.

Nomination from Ronaele Freestone, CIC-14

I would like to nominate **Jeane Strub**. She has been doing weight training at the Wellness Center for the past 6 months and has noticed considerable improvement in her overall **fitness levels**. She enjoys participating in the health promotions that are offered by the Wellness Center. She is also a great walking partner!

The Power of Partnership and Mutual Support by Ronaele & Jeane

As far as the partnering and working together, we both agree that this is a strong component of our motivation to **walk four to five** times a week. It is too easy to not get out when one or the other of us isn't able to go. We love the fresh air, sunshine, snow, rain...whatever the weather has to offer. Visiting together makes the time pass quickly and is good

stress management therapy. We have been walking together for the past four years and plan to continue as long as we can.

Please send your Nomination for Healthy Living with a brief script to wsj@lanl.gov

Follow Jeane and Ronaele's example this September by participating in Walkabout 99's

Tasmanian Twosome

This incentive encourages partners to support each other in walking and ongoing health and wellness activities. For more information contact Gail Fox, 7-7166 or visit the Walking Month web site at <http://drambuie.lanl.gov/~wellness/wm99/index.html>.



Walkabout is a six week walking incentive program **in which** participants set a goal of traveling around the continent of Australia between Sept. 1-Oct. 13. Those people who complete the circuit are eligible for a T-shirt, or a sweatshirt (with a co-pay) and a free water bottle. People who complete the walk from Adelaide to Perth are eligible for a free water bottle. Participants in the Special Activities and Australian trivia games will also be eligible to enter two drawings every Friday.

Newsletter QUIZ?

Test your knowledge from the July 1999 Welcoa newsletter.

1. Do you set a good example of healthy behaviors for your children?
2. A recent study conducted at Miami University found that regular exercise may improve _____.
3. You should allow one car length for every _____ mph you are traveling.



The Wellstreet Journal is a quarterly publication of Positive Health Directions (PHD) (HR-1 & ESH-2) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kiesel 665-4368. PHD <http://www.hr.lanl.gov/GoodHealth/> Wellness Center <http://drambuie.lanl.gov/~wellness>

Wellstreet Food Court

Celebrate National Cholesterol Education Month this September with the following recipe from the National Heart, Lung and Blood Institute's *Interactive Site: Lowering Cholesterol for People with Heart Disease*.

<http://rover.nhlbi.nih.gov/chd/>

The site also includes The Create a Diet activity in the Cyber Kitchen, where you can select a day's worth of food and check your choices against the Step II diet goals for reducing cholesterol.

[Editors note: I did this activity, and was surprised to go over my saturated fat goal by a couple of grams. Oops! This was a good virtual reminder! --Marta]

APPLE COFFEE CAKE

5 C tart apples, cored, peeled, chopped

1 C sugar

1 C dark raisins

1/2 C pecans, chopped

1/4 C vegetable oil

2 tsp vanilla

1 egg, beaten

2-1/2 C sifted all-purpose flour

1-1/2 tsp baking soda

2 tsp ground cinnamon

Preheat oven to 350° F. Lightly oil a 13x9x2-inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Yield: 20 servings--Serving Size: 3-1/2-inch x 2-1/2-inch piece. Per serving: 188 calories, 5 g total fat, < 1 g saturated fat, 11 mg cholesterol, 68 mg sodium



Stress Buster


Walking month is here – what a great time to talk about the multiple benefits we derive from walking. In addition to the obvious physical benefits, walking can **help you relieve stress and regulate your mood**.

In a stressful situation, our bodies release a variety of stress chemicals that produce the fight-or-flight response. To avoid damage that can result from these chemicals circulating in your system for a long time, a brisk ten-minute **walk can help move** some of these stress chemicals through your body. Also, when you walk your body releases certain mood elevating chemicals, such as endorphins, which help us to feel better emotionally.

Register for a free weekly stress tip from the stress expert down under, John Townsend, at <http://www.gday-mate.com/>.
G'day!

Health Happenings Calendar

September...National Cholesterol Education Month

➤ Check the Otowi cafeteria menus for special lowfat items during the month. Look for this symbol 

➤ *Wellness Center Cholesterol Education Classes:*

Vitamin-B-Good to Your He©rt, Mon. 9/13 (Part 1) -AND- Wed. 9/15 (Part 2), 12-1 PM

New Mexican Dining for a Healthy He♥rt, Tue. 9/21, 12-1 PM

➤ *Health Check Incentive:* September 1999-March 2000
Previous participants are encouraged to recruit new participants to take advantage of this free service. A reception and gift presentation for all incentive participants will be held in May 2000. Entry forms available from Jessica Kisiel or on the Positive Health Directions web site.

October – National Breast Cancer Awareness Month

Tell A Friend Tuesday October 19, 1999. Make five calls to encourage friends to get a mammogram. Contact Jessica Kisiel, 5-4368, with questions or to participate.

14th Annual Los Alamos Heart Council Health Fair

Saturday October 16th, 9AM-2PM, Los Alamos High School Griffith Gymnasium

- *Blood Panel with Cholesterol Measurements*
- *Flu Shots*
- *Health Information from Local Organizations*

ESH-2 Flu Clinic

October 25th -November 5th

Watch the Newsbulletin, Positive Health Directions and Wellness Center web pages for schedule.

Wellness Center Classes

Classes at the Wellness Center are on-going. There is space available in many classes. The Fall Quarter of classes, including Dance on Fridays, Muscle FitBall, STEP, Conditioning, and Aerobics, will start October 4. Registration for the new session will begin on September 20.

Be Kind to Your Indoor Neighbors

Last issue we ran an article reminding those who use scents and fragrances to be considerate of others, as indoor airspace is shared. After this article was published it was brought to our attention that other air-borne chemicals can be equally irritating, including body smells. So remember, easy on the perfume and cologne and don't forget the soap and detergent.

Newsletter QUIZ Answers:

1. Check the tips in "Parent's Corner" on page 3 to decide. 2. Hearing 3. 10